

Kangkong Pomegranate Salad

Makes: 2 Servings

"I wanted to feature locally grown produce that is abundant most everywhere in my island's villages, but more importantly is healthy and affordable," writes Genzo.

"Our parents always remind us to eat the seasonal fruits and vegetables around us because they are locally grown naturally and are healthy and free from preservatives and chemicals. I would serve along with it a fresh and tropical coconut-avocado shake. I also enjoy fresh papaya salad." To make it heartier, add turkey breast, as well as chunks of avocado.

Ingredients

- 1/2 cup** pomegranate seeds (or dried cranberries)
- 1/2 cup** freshly and roughly grated young coconut (or shredded unsweetened coconut)
- 1** large guava (cut into bite-size pieces)
- 1/2 cup** cherry tomatoes (cut in half)
- 2 cups** freshly cut young sprouting kangkong leaves (or spinach)
- Juice of 1 tangerine
- 1 teaspoon** olive oil
- 1 teaspoon** honey
- Salt and freshly ground black pepper

Directions

1. In a large bowl, stir together the pomegranate seeds or dried cranberries, coconut, guava, tomatoes, and kangkong leaves or spinach.
2. In a small bowl, whisk together the tangerine juice, oil, honey, salt, and pepper.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	209	
Total Fat	10 g	15%
Protein	3 g	
Carbohydrates	31 g	10%
Dietary Fiber	6 g	24%
Saturated Fat	6 g	30%
Sodium	120 mg	5%

MyPlate Food Groups

Fruits	3/4 cup
Vegetables	3/4 cup

3. Pour the dressing over the salad and toss to coat. Serve and enjoy.

Notes

State: Northern Mariana Islands

Child's Name: Genzo Gonzales, 11

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook